

BRIDGES

READ MY BOOK:

How to form lasting habits to create a healthy life **P. 2**

ON THE SCENE:

READ Saskatoon's Lit Up! event supports literacy services **P. 10**

FASHION:

Pooches in sweaters and booties during the last days of winter **P. 14**

WEDNESDAY, APRIL 1, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



HEAD AND HEART

IVAR MENDEZ EMBODIES
THE IDEALS OF
ART AND SCIENCE **P. 4**

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#JENNIFER SPARKS

Happy on Purpose: Learn how to choose to be happy

We all struggle. I believe it helps to be reassured that our personal struggles can enhance our lives as we move forward.

In my latest book, *Happy on Purpose*, I share with readers the bullets I practice to maintain my happiness even when the chips are down. And they have been down. Like you. I live a stressful life but when I started to let the danger zone, I knew I needed to invest in some personal development to learn how to manage my life. At one point, just keeping up to my daily obligations was enough to leave me into survival mode and I was so very close with that!

I wanted a chance to catch my breath. I wanted to create a life that had my kids and I thriving and hap-

py. I wanted a home filled with love and laughter and I knew that I wanted to feel healthy and strong even when things were not going that well.

My journey has been a long one but I believe that what I have learned can help people who struggle to manage it all. I share the actual part of my journey in my first book, *WTF to OMG: The Pissed Female's Guide to Creating a Life You Love*. But as I worked with coaching clients and asked them what they wanted, ev-



Jennifer Sparks

ery single person wanted to see simple things. "I just want to be happy."

In *Happy on Purpose*, I share the findings of several research that states that 60 percent of our happiness is within OUR power to change.

The next question is, "How do I learn to be happy?" Don't worry because that is where I share with my readers what habits created my own practice of happiness. Action is required; you can't just look and expect happiness to walk into your life. You must create it by deciding how you

will perceive the world!

Being happy on purpose is about making a conscious decision in each moment to move toward happiness. It is about creating your experience and being open to the beauty, joy and abundance that already exists in your life.

Jennifer Sparks is a teacher, certified personal trainer and lifestyle coach. You can find her at www.happyonpurpose.com.

Books are available locally at McNally Robinson and eLink by Thrift City in Saskatoon. Just For You Day Spa (Saskatoon and Regina), Prairie Unique Gifts (Saskatoon airport), and the store of Amnesia and Indigo.



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ON THE COVER PG. 4



Dr. Ivan Mendez used a 3D printer at Royal University Hospital in Saskatoon. Technology like this and his colleagues have developed could bring specialized care to the most remote corners of the world. **INDEX PHOTO BY MICHELLE BERS**

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Sassy, a 10-year-old blue heeler border collie crosses out one of a line of the dogs around town showing off their winter fashion in one of the last snow days of the season. **BRIDGES PHOTO BY MICHELLE BERS**

BRIDGES COVER PHOTO BY MICHELLE BERS

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ON THE COVER

One of the messages I like to convey is, we can do it here, and the world will come to us.
— Ivar Mendez

#IVAR MENDEZ

Brain of a surgeon, heart of an artist



Dr. Ivar Mendez, shown here in the Medical Arts Building at the University of Saskatchewan, is developing technological advances that will revolutionize health care. MENDEZ PHOTO BY MICHELLE HARRIS

By Sean Trembath

Ivar Mendez uses bold statements when talking about the technological advances he is helping to develop at the University of Saskatchewan.

"It's going to revolutionize the way we practice and deliver health care," he says of an initiative that could

bring face-to-face care to Saskatch-
ewan's most remote communities.

Given what he has already accom-
plished, it's easy to believe him.

Mendez and his colleagues are on the cutting edge of health care. Their work could bring specialized care to the most remote corners of the world, or diagnose bleeding in the

brain in mere seconds with a Star Trek-like, hand-held device. Before coming to Saskatchewan, he was part of the field team to do brain surgery remotely using a robot 300 kilometres from where he sat.

His accomplishments are not limited to the medical field. He founded a charitable organization that works

to give 5,000 children in his native Bolivia a more promising future. He is an accomplished sculptor and has published books of photography.

"He's obviously a very talented person. He's got skills that are very unique and different than what we've been able to experience before," says Ross MacIsaac, director of North-

ern Medical Services at the U of S, says.

By working on the forefront of medical technology, Mendez is building a reputation not just for the U of S but Saskatchewan and Canada.

"One of the messages I like to convey is, we can do it here, and the world will come to us," he says.

I was totally fascinated with the idea that an organ, which has cells, biochemical processes, electrical processes — could generate thought and imagination. — Mendez



Dr. Jose Mendez with a BATHY robot at Royal University Hospital. Images photo by MICHELLE ROGO

Mendez came to Canada with his family as a teenager. His father, also a neurosurgeon, wanted to get away from political instability in his region.

"He felt that his children were going to have better opportunities," Mendez says.

By the time he finished high school, Mendez was already set on following in his father's footsteps.

"I was totally fascinated with the idea that an organ, which has cells, biochemical processes, electrical processes — could generate

thought and imagination," he says.

"Not only that, it was generate complex thoughts about God, selflessness, love. And it's an organic process."

That fascination, along with a desire to work with his hands, made neuroscience the perfect fit. During his residency, he decided he wanted to go beyond strictly clinical work.

He pursued a PhD, which would allow a deeper understanding of the brain's inner workings.

Continued on Page 6




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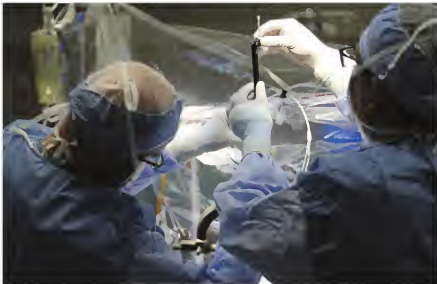
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PHOTOGRAPH BY ULTRA PHOTO NORTH BATTLEFORD

You need creative thinking to imagine a work of art. You also need creative thinking to devise new solutions for difficult scientific problems. You need to think outside the box. — Mender



Dr. Amir Goshen, and Dr. Jael Mender implant electrodes in a Swain-Herrmann brain to regulate the electrical impulses triggering her muscle tremors at RUTH in Saskatoon in June 2011. MIDDLE-FILE PHOTO BY MICHELLE BING

"I was interested not only in the clinical aspect of the brain — taking care of patients operating on the brain. I was interested in the mechanisms of brain function," he says.

He spent time in Sweden after graduating before being recruited by Bellavance in Halifax. He spent 12 years there, becoming head of the neurosurgery department and helping found the Brain Repair Centre, a research institute that focuses on preventing, repairing and even reversing neural damage.

He helped pioneer cell transplants into the brains of Parkinson's patients. In Halifax, he

was on the team doing the first-ever remote brain surgery. The patient was in Saint John, about 300 kilometres away.

"That proved the concept that you could actually perform a surgical procedure without interruption of consciousness or without lag," Mender says.

On top of timing issues, the team had to figure out how to provide sensory feedback to the surgeon operating from such a distance. They accomplished this using a haptic feedback system, which gives a physical sense of what the robot is touching.

"When you actually touch the patient, you will actually feel in your hand if it's soft or hard, or the consistency," he says.

He and his team developed the IntraSense, which feels like something out of science fiction. The hand-held device was infused with light to detect bleeding in the brain in 18 seconds, something that would normally require a massive CT scanner. Acquire from paralytics to sports team trainers could use these devices for quick diagnoses, not ultimately to save lives.

Out of all the work, Mender gets most passionate about remote medicine.

"How can we take care of a patient, in real time, from my office to anywhere else in the nation or the world?" he asks.

The answer is robots.

Mender sees a future where every remote community has a robot people can use to consult with specialists from around the globe. It may sound outlandish, but he is convinced it is the future of medicine.

"It's like 25 years ago with the first cell phone. We never knew how important cell phones would be for daily life."

Continued on Page 8

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Something I truly believe is each one of us has a personal responsibility to contribute to the people who have the least and need the most. —Mendez

There are already states of these robots as the field as Regena, Neuklonen and Patient Narrows. They look fairly simple with a video screen and camera on top of a wheeled base.

From his desktop computer, Mendez can activate and control any of them. His face appears on the video screen, allowing him to converse with a nurse or patient in real time. If it got to the point where one of these robots was in every community, people who now have to travel hours or even days to see a doctor could do so immediately.

"I see this as a real game changer. We talk about equal care for all, and in all reality, the access is not equal when you're up north versus here in the city. We want to change that, and I think this is a way of doing it," says McKinney, whose work focuses on providing health care in northern Saskatchewan.

McKinney compares the current system to talking through an intercom. A patient sees a nurse in a local clinic. That nurse calls a doctor, who sometimes then calls a specialist. By the time the information goes through all the layers of communication, it's easy for things to be lost.

"When they're able to speak with the specialist directly, they're able to get their questions answered," she says.

Mendez says that while initial investment is needed to get the robots to the communities, the system would save money in the long run by decreasing travel and taking stress off central hospitals. Wide-spread adoption would mean a lot of changes to a complicated health care system, but he believes it can and should be done.

A lot of things will have to adapt, but this is the beauty of technology. It advances and the rest of it adapts, he says.

While Mendez is helping shape the future of medical technology, he is also playing a key role in providing a more hopeful future for those people of children in the Bolivian Andes.

The Love Mendez International Foundation provides 5,000 children with nutrition, dental care and creative learning.



Dr. Jose Mendez explores the birth of a team showing the video planned to assist the trouble spot. Mendez has been in the U.S. since 2008.

"Something I truly believe is each one of us has a personal responsibility to contribute to the people who have the least and need the most."

He considers himself lucky to have been born in a family that gave him the opportunity to be where he is today.

"You could be born in Syria, or Somalia, and not even reach the age of

five even though you had the golden land to be an American," he says.

Rather than just helping these children survive, his goal is to equip them with the tools needed to make a difference once they get older.

"From the 5,000 children we feed every day and provide dental care, maybe three or four of them will be the leaders of the future that will

change their own communities and make it better."

On top of his professional and charitable endeavors, Mendez finds time to be creative. He's published four photography books and his sculptures have been in galleries.

Mendez says working as an artist has made him a better scientist.

"You need creative thinking to

imagine a work of art. You also need creative thinking to devise new solutions for difficult scientific problems. You need to think outside the box."

Mendez's creative side permeates everything he does, according to Dr. Frances Christian, clinical professor and director of the Surgical Innovation Program at the U of S.

We talk about equal care for all, and in all reality, the access is not equal when you're up north versus here in the city. We want to change that, and I think this is a way of doing it — Veronica McKinney

"It's a fundamental issue: less equitable part of team. To be honest I don't think the one can exist fully without the other. I honestly believe that is a fundamental part of who he is and what drives his work," he says.

Christina heads the surgical innovation department at the U of S, which aims to make better doctors through the study of culture.

"The creative spirit of the innovation makes up within us, and innovation is equally essential to making new discoveries," he says. Mendes is a perfect example, Christ says.

Mendes came to the U of S in 2013, bringing his work with him. "Bringing him here, with his experience from outside Saskatoon, has injected a new life, a new way of looking at old things and a new emphasis on things like innovation, research and good old

house administration," Christina says.

Mendes cites the healthy connection and what he sees as a forward-thinking mindset among local institutions as reasons for coming. If he has his way, Saskatoon will soon be considered worldwide as a center of innovation.

"Sometimes we consider Saskatoon and Saskatchewan as people behind the times. We're not as advanced as Toronto, New York or Montreal. But what we're doing here, we're because a hub of technology where people around the world can come and collaborate with us," he says.

Two years after moving, he feels things are on the right track.

"Things are going at the right pace. We are becoming well known through the world."

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Dr. Alex Mendes won't count on his social media friends. A mobile community network helps in Saskatoon.

Nuts About Nature At Beaver Creek Conservation Area

It's dead! My name is Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
My name is Brenda and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.

Dear Brenda,
We are not the disease-carrying, evil creatures that people think they are. Instead, all of the 1,100 species of birds around the world provide many benefits to us humans. Just look at our neighbor bat in Saskatchewan. The little brown bat, who sits up to 1,000 mosquitoes in a single hour. Without the 200 species of fruit bats in tropical environments farmers would have a hard time finding many fruits such as bananas and mangoes, which fruit bats help to pollinate. By studying bats, scientists have been able to make amazing discoveries that have advanced human health and technology. Some great examples are the use of vampire bats to learn to control blood clots, studying how bats fly to develop better airplanes, and using echolocation and sonar to help the deafest deafest people of the ocean float. So, next time your name calls into the house grab a banana, eat it, worry about mosquito spray and head outside to watch our nocturnal friends in action. Come visit some real bats at Beaver Creek at 1pm on April 7 and 8 to learn more!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip
P.O. Box 1000
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ON THE SCENE

#LIT UP!

Let Us! READ Season's annual fundraiser featured a night of laughs, food and antique silent auction pieces while spotlighting literacy at the Sheraton Chula Vista on March 26. About 350 attended the event. The Sylvia Vega tutor award honored James D. Miller for his work with learner Ser-Bonnyneat.

Last year's event raised \$34,000 and organizers were hoping to exceed that goal in 2013 to support READ's free literacy services.

The non-profit organization provides adult literacy services with the help of trained volunteers and community partners, along with family and financial literacy programs.

For more information about programs and for a listing of upcoming events, visit www.cuchula.com.

BRIDGES PHOTOS BY MICHELLE REED



ON THE SCENE

1. Jay and Sheri Stark

2. Nicole Groulx and Heather Wilson

3. Rebecca Schlemmer and Tina Schlemmer

4. Kelly Bader, Sarah Kuba, Emily and James Horb

5. Rob Harris and Sheryl Harnow

6. Bonnie McGilvray and Gail Schramm

7. Shanna Branson

8. Kayla Britton and Lauren Ehrlich

9. Paula Woodhouse and Aiden Woodhouse

10. Julie Ann Watson and Jay Watson

11. Denise Turk and Lisa Fleming

12. Joe Cassano, Tamara McCumber and Loraine Adridge

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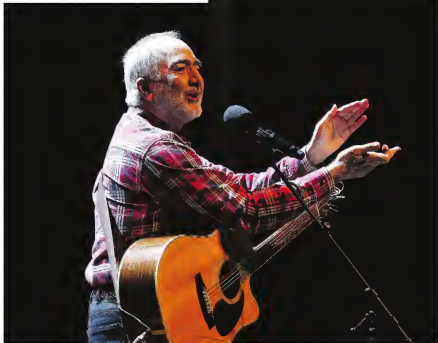
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IN THE CITY

MARCH 29, 2015 — 2:15 P.M.

Raffi keeps kids smiling



Raffi performs to a crowd of children and parents at 702 Place in Saskatoon. He released a new album in 2014 after a 12-year fall hiatus from releasing new

HEALTH

Three moves to improve your posture and balance

By Rob Williams

From the most accomplished athlete to the least physically energetic, you have aches and pains. A body that is well aligned — with bones, joints, muscles and other tissues in the optimal arrangement — will function better. Structures will be subjected to less stress and movement will be more fluid and controlled.

Compare this to a body that is unbalanced, slumped, shaky and unsteady are compromised while internal systems such as digestion and circulation are taxed. Following are three helpful posture exercises demonstrated by kinesiology guru Rita Glendon.

Always stop if you feel pain and consult your physician before undertaking a new fitness program or making changes to your current routine, especially if you have a history of back pain.

Wall lean

The wall lean involves many mus-

cles along the back of the body to keep it from flexing and collapsing toward the wall.

Start by standing with your back to a solid wall and position your heels roughly 30 inches away from the wall. Slide your feet in so your body is no slumped as possible from side to side as your pelvis and shoulders are level and your head is in line.

Keep your head back against the wall, slowly lift your hips and shoulders forward of the wall so the only point of contact with the wall is the back of your head. You should be as straight as possible from your heels, through

your knees, hips, shoulders and ears. Hold the position for 30 to 60 seconds, then relax and repeat three times.

Wall angel

After you've performed the wall lean exercise, move your feet in so your heels are 18 to 20 cm from the wall. Position the back of your hips, your back, your hips and head as far as possible against the wall, with your right arm straight out along the wall, your left arm bent at the elbow and your head back.

Maintaining alignment of your spine and head during the wall angel can be difficult.

Keeping your core engaged to ensure you maintain neutral alignment

of your spine and ribs, raise your arms so your elbows are bent and the back of your forearms are against the wall. Your elbows should be at shoulder height, or slightly below, and, ideally, your arms are close to the wall.

From this position, slide your arms upward so your hands move toward each other above your head. Stop when your hands are approximately 30 cm back down, and repeat. Constrain this for 30 to 45 seconds, keeping your arms as close to the wall as possible. Avoid any pinching or pain in your shoulders.

Posture plank

The plank can be great for developing optimal posture. It works the muscles along the front side of the body. Start by assuming a hands plank position, with your body supported on your forearms and toes. Work hard to activate and engage your anterior core system to stabilize the neutral curve in your lumbar spine. The curve in your upper spine should



The plank angel for developing optimal posture. Hold the shoulder along the front side of the body.

be mild to moderate rather than excessively rounded.

Maintain neutral alignment of your head, preventing it from dropping below the level of your body to avoid the floor.

Hold this aligned, elevated position for 30 to 45 seconds, being careful to maintain a level pelvis and hips and weight between your feet. Slowly relax, then repeat two more times.

Rob Williams of SportTeam Performance is a Vancouver-based kinesiology and athletic movement specialist.

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#SASKATCHEWAN FASHION

Winter dog fashion

By Michelle Berg

As winter winds down, these four pups got out for a walk on the last snowy days of the season. With the help of their owners dressing them in sweaters and booties, the small dogs are able to stretch their legs and frolic in the snow while looking cute and staying warm.

1. Sissy is a 16-year-old blue heeler border collie cross. Her red and black plaid sweater is from Home Sense. Sheena Foster adopted Sissy when she was five years old. Foster likes to dress Sissy in various Halloween costumes like Gene Simmons, Justin Bieber and even a mermaid. Sissy also has a pair of booties — which she hates to wear — as well as some pretty bows. When she's a good girl she gets a massage at Pet Land.



Sissy is a 16-year-old blue heeler border collie cross.

2. Rocky the chihuahua also wears in his sweater from Winners at the off-leash dog park on the south end of Broadway Avenue in Saskatoon. He has a few other sweaters at home from Walmart. "He is from Mexico so for all I need to acclimate him the poor thing," says his owner.



Dook is a West Highland white terrier.

3. Steve Ebert's dog Dook is a two-year-old West Highland white terrier, named after a Kansas-Saskatoon musician. His sweater is a hand-me-down from Ebert's old family dog who passed away. The booties are from a vendor at the Saskatchewan Farmers' Market. He also has a sweater which he is saving for his birthday. He goes for walks twice a day so makes how cold it is in the boots and sweater all around. "He doesn't love the booties but since he is outside he forgets they're on and just enjoys roaming around in the snow," explains Ebert. The Role collar is from his dad.



Rocky the chihuahua.

4. With the chihuahua-dashed mix also wears at the off-leash dog park in his handmade organic wool sweater from Early's. He has another sweater that a friend made for him. He always wears his red bandana from Groupon. "It fits his (daddy) attitude," says his owner, Michelle. She never thought she would dress up her dog but with a star, small rescue from California so she needs to acclimate him the pup.



Wiff the chihuahua/dachshund mix.

GARDENING

#HOLIDAY PLANTS

Easter plants galore

By Erl Svendsen

Although Easter is a Christian celebration, it derives its name from the pagan goddess representing spring, Eostre. And in keeping with the spring theme, many of the plants associated with Easter are early spring bloomers.

The white Easter lily is by far the most familiar Easter plant in North America. Greenhouse growers have perfected forcing lilies to bloom precisely at Easter by adjusting day length and temperature.

Elsewhere, other spring plants are used to decorate homes and places of worship. In my ancestral Norway and in other parts of northern Europe, the daffodil or *Pulsatilla* is the traditional Easter plant. And in southern France and Italy, the closely related narcissus is used to symbolize Easter. Daffodils and narcissus can be combined with other spring flowers in a bouquet but must first be kept in a separate vase for a couple of hours to allow the sap to bleed off that would otherwise shorten the vase life of other cut flowers.

In England, Ireland and Russia, the pussy willow is used to mark the holiday. The sure thing about pussy willows is that they can be used in dry arrangements and will look great for a few years. Given our recent weather, they might not be ready in Saskatchewan as late as in Illinois, but if you make a bouquet of it in April, you'll have them for next year.

In Germany the red tulip is used as Easter. It symbolized Jesus' blood that shed on behalf of humanity. Tulips are long-lived cut flowers. Purchase them before the buds have opened for maximum vase life: make sure the buds are showing some colour — if they are completely green, they might have been picked too early and may not open.

American Pasque (an alternate name for Easter) flower (or prairie crocus) is an early blooming native plant. As new as it can be, its association with Easter is purely by



Add this pussy willow to your dry floral arrangements as they last for years. SUBMITTED PHOTO BY ERL SVENDSEN



Prairie crocus grows in dry, sunny locations.

reason of its flowering time. It is not suitable as a cut flower but can be forced in greenhouses and pastures as soon as most of the snow has melted. One site in Saskatchewan where you're more likely to find light purple prairie crocus blooming is in small changes in the dry grassy areas. Prairie Pasque along the river bank and to the regional psychiatric centre, north of Central Avenue. You can grow prairie crocus in your garden provided it is in a dry sunny location — a rock

garden is an ideal site. They don't transplant well from the wild but can be established from seed and are available as seedlings from some garden centres. The closely related American Pasque flower is rather purple but it is less handy than prairie crocus.

Cells have been known to be associated with Easter in more recent times. My friend says they remind him of death and to some extent that's true. I remember watching the Mothers



Pink hyacinths have a long flowering period. SUBMITTED PHOTO BY ERL SVENDSEN

as a child and Lady the family matriarch, would sleep at it dead holding a white satin tily that it's probably their use to commemorate the fallen of the Irish Easter Rising (Easter Rebellion) in 1916 that the association with the Easter season became entrenched.

Finally, there's the Dutch hyacinth in shades of pink, coral and blue. Traditionally a Mother's Day gift, their link with Easter is likely due to greenhouse growers' ability to force these into bloom in time. They

are relatively easy to care for, subject only to be kept evenly moist. Even a short period of drought will significantly reduce their otherwise very long flowering period.

This column is a grateful courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca, barber@yukon.ca). Check out our bulletin board or calendar for upcoming garden information sessions and other horticultural events.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com



FALL IN LOVE ALL OVER AGAIN...



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OWNER

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MUSIC

Wed., April 3

Elvis Presley
Balls on Broadway,
817 Broadway Ave.

**The UFO Twin (Rele, Abri-
street Antifem and Capal**
Vercelle Tavern,
601 Broadway Ave.

BC Seed
Capital Music Club,
264 First Ave. N.

Thurs., April 4

Geor Lopez
Broadway Theatre,
713 Broadway Ave.

Undercover Pinot
Cordons Restaurant &
Lounge,
1-1027 Broadway Dr.

Charger
Balls on Broadway,
817 Broadway Ave.

Dwells Series: Bobby Bae
W/ Sellwoods
The Basement,
264 Fourth Ave. N.

Faded States w/ Ballet
Burner w/ Hand of Wastons
and Soul Mates
Vercelle Tavern,
601 Broadway Ave.

David Wilson w/ Wilber's
My Mullet and Hungry
Offense Event Center,
261 Second Ave. S.

IS
Capital Music Club,
264 First Ave. N.

Fri., April 5

Shane Kayson
Broadway Theatre,
713 Broadway Ave.

100th Meridian
Balls on Broadway,
817 Broadway Ave.



There's no top Marjion Marion returns to Saskatoon on Monday. The show starts at 7 p.m. at Sask Ri Centre. GITYVAGADETUPHOTO

Real Jokers
Town Tavern,
3330 Fairlight Dr.

The Pop w/ Animal Lower
and The Anulons
Antique Centre,
806 Dufferin Ave.

Peace Pinner DJ Scott
Turner and DJ Heywood
Offense Event Center,
261 Second Ave. S.

Happening w/ Gray
Prosser
Vercelle Tavern,
601 Broadway Ave.

Tree Planters Ball
Captain's Music Club,
264 First Ave. N.

Rail Dogs
Peggy's Pub and Grill,
1633 Idylwild Dr. N.

Sat., April 6

Exeter's Rhythmic
Kings
Down Town Legion,
606 Spadina Cres. W.

Scooner
Balls on Broadway,
817 Broadway Ave.

DOT
Army & Navy Club,
359 First Ave. N.

Jess & Doreen
Autumn Legion,
3021 Louisa St.

Brian Paul Di Dubois
McNally Malabar,
3030 Cypress St. E.

Science Fiction: The Punk
Hunters w/ Snake Man,
Ultrah and Alphabets
Loud Pub,
93 Campus Dr.

Sam K w/ JJ Shylard
Armstrong Centre,
806 Dufferin Ave.

Spins Doctors w/ Where's
My Mullet and Hungry
Offense Event Center,
261 Second Ave. S.

Ameynes w/ Quilts in
Ameynes w/ Quilts in
Capital Music Club,

264 First Ave. N.

CFRC Membership Drive
Kickoff Show: Michael
Scott, Elliott's Musical and
The Triplophones
Vercelle Tavern,
601 Broadway Ave.

The Pops
Peggy's Pub and Grill,
1603 Hylford Dr. N.

Mon., April 8

Marjion Marion
SaskTel Centre,
3515 Brattacher Ave.

Tues., April 9

Tag & Tag
Balls on Broadway,
817 Broadway Ave.

Guitar Series: JP Coroner
The Basement,
264 Fourth Ave. N.

House Party: K-Wilds,
Charly Harts, DJ Pava and
DK Market
Loud Pub,
93 Campus Dr.

JEFF The Brotherhood w/
Bully
Antique Centre,
806 Dufferin Ave.

Throaters w/ Simple Tal-
lers and the Backbones
Vercelle Tavern,
601 Broadway Ave.

ART

Model Art Gallery

Until April 2 at 930 Spadina
Cres. E. The gallery spaces
are closed for installation
of the spring show. Since
peak of the new exhibition,
presented by Maria Nee-
bush, April 1, 7 p.m. Spring
exhibition, April 3 until June
7. The Fifth World with works
by indigenous artists, School
Art, and the 19C Artists by
artists in partnership exhibi-
tion, Time and water, with
works by Dee Gibson and
mentor Terry Billings. There
will be no opening reception
due to Good Friday. Artwork
by Grades Seven and eight
students from St. Anne
School in the auditorium
until April 15. Check out the
closing sale in the Gallery
Shop. The gallery will be
closed June 6.

Humblebird and District
Gallery

Until April 23 at 601 Main
St., Humboldt. Exhibition
announced by Lindsay Arnold.
An OSCA touring exhibit of
ink and watercolour works,
Ethical, a local perspective
exhibit by Silvana Robinson
runs until June 27. Opening
reception and artist talk for
both exhibits April 1, 7:30
p.m. Women's Art Night with
Lindsay Arnold April 2, 7:30
p.m.

Gordon Selinger Gallery
Until April 2 in Room 111 of
the University of Saskatchewan's
Museum building. Various
media works by Chris
Pudis. Reception April 2,
7 p.m.

EVENTS

What you need to know to plan your week.
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Freddie Star Gallery

April 1, 6:30 p.m. to 8 p.m.,
at 106 Eighth St. S. Punky
Artwhirl art show. Celebrated
their students and their journey
in art this past.

The Gallery/Wat Placement

Until April 2 at 239 Third Ave.
S. A New Grammar by Lorenzo
Dupuis

The Gallery at Phoenix Mer-

rirose Central Library
Until April 6 at 311 32nd St.
E. Pick Up Sticks and Story-
books by Bonnie Conly

Affinity Gallery

Until April 11 at 813 Broadway
Ave. Cyberia: An exhibition of
print- and video-based instal-
lation by Hovav Pelesht.

Hare Art Supply

Until April 30 at 1816 Lorne
Ave. Painted Knobs by Marvin
Swartz. Reception April 8.

SOVAP Art Gallery

Until April 17 at 353 Third Ave.
S. First solo show by Trevor
Marino. Reception April 11, 2
p.m. to 5 p.m.

Carole East Galleries

Until April 12 at The Centre.
Display by the Scale Mod-
ellers Association if Sas-
katoon in the Royal, Jade,
Anker, Sena and Crown
Galleries, and a display by the
Saskatoon Public Schools
in the Majestic and Indigo
Galleries

AKA Artful Run

Until April 30 at 424 20th St.
W. Art for Life Exhibit by
Robert Tate

St. Thomas More Gallery

Until April 30 at 1437 Col-
lege Dr. Collective Observa-
tion: 10th Annual USGA
Instructional and Certificate
Students' exhibition

Fived Arts

Until April 30 at 424 20th St.
W. Video Terrarium by Allison



Sticks by Bonnie Conly on display at The Gallery at Phoenix Merrirose Central Library

Maree: A collection of pan-
oramic video landscapes over
multiple screens

Station Arts Centre, Des-

Moines
Until April 30 at 701 Railway
Ave., Northside. Works from
the Young Artist Program

Art in the Centre

Through April at Penbridge
Centre, 110 Grosvenor Cres.
Work by the Saskatoon Guild
of Artists

Western Development

Museum
Through April 2015 at 2610
Lorne Ave. Big Bear Travel-
ling exhibit in partnership
with the Royal Saskatchewan
Museum. A 52 million-year-old
crocodile skeleton brought
back to life through 3D imag-
ing.

Galerías Bakery & Restau-

rant
Until May 2 at 721 Broadway
Ave. Pieses & Pleats, new

work by Cindy Heppert. Wel-
come

#FAMILY

Stay and Play

Tuesdays: We draw, sing
and Thursday, 9 a.m. to
11:15 a.m., through April for
children up to age five. Semi-
structured, crafts, snacks,
story time, toys, activities
stayandplay@saskatoonparks.ca
or visit the
Facebook page

Stairs and Strollers

Wednesdays, 1 p.m., at Centre
Cinemas in The Dome.
Choice of two movies each
week. A baby-friendly environ-
ment with lowered volume,
dimmed lighting, a changing
table and stroller parking in
select theatres

Saskatoon Strong: Men &

Baby Fitness
April 8, 2 p.m. A men and
baby indoor exercise class. All
fitness levels are welcome

Registration and information
at saskatoonstrongmen@gmail.com or www.saskatoonstrongmen.com

Alphabet Soup in Motion

We draw, sing and April 29,
9:30 p.m. to 11:30 a.m., at
Albert Community Centre,
610 Glenview Ave. No session
April 8. Presented by Coteau
Catholic Union & First Fami-
ly program for parents with
preschoolers. Stories, active
rhymes and family games.
Snacks and parent discus-
sion follow. Pre-registration
required as space is limited.
Register at REALSaskatoon.com or 306-682-5444.

G's Glimp and Play

Daily, 10 a.m. to 5 p.m., in Bay
4 of 58 South Railway St. W.
in Wexham Saskatchewan's
newest indoor playground.
For children up to age 12. Visit
glimpandplay.com or their
Facebook page.

Fun Factory Indoor Play-

ground
Daily at 1630C Quebec Ave.
A giant indoor playground
for young children, adults
and children under one year
are free. There is a separate
fees for kids over one year
and two.

Market Mall Children's Play

Daily just off the food court
at Market Mall. This play area
is free and has different level
slides. Children must wear
slopes in the play area.

Seashells Indoor Playground

Thursdays, 9:15 a.m. to 11:15
a.m., through May, at Im-
mersion Baptist Church, 1646
Asasika Dr. Parent supervised
playground for kids up to age
five. A resource house and toys
for kids, designated indoor
play area, coffee for par-
ents. Registration on arrival.
Information at seashells@immersionbaptist.ca
or visit their Facebook
page

EVENTS

Children's Play Centre

Daily at Lawson Heights Ideal
A fun, safe environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Pop In & Play

Thursdays, 9:30 a.m. to 10:30 a.m., at 11:30 a.m., at Riverside Alliance Church, 385 Prevalle off Cress. For children and their parents. Monthly themes, learning centers, snacks and occasional's speakers. Information at office@riversidealliance.ca.

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:15 a.m., and/or Saturdays, 10:30 a.m. to 11:15 a.m., at YogaLife, 2-115 Third Ave. S. Classes taught by Nina Zetti. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks. Register at freedomfromthetopofyoga@gmail.com, 306-361-8852.

Interscending Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Westside Primary Health Centre, 3381 Hawthorn Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with other other mothers.

Movies for Mothers

Thursdays, 1 p.m., at Rainbow Cinema in The Centre. An infant-friendly environment with reduced sound, cheer balls, bottle warming and stroller parking.

Shop'n Stroll

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at the Mall at Lawson Heights. Classes



Check out the words design for kids on Twitter at #wordsdesignforkids.

consist of power-walking, body-sculpting moves using exercise tubing and a socializing for parents and babies. Register at numeralsandnoodles.com. No classes on start holidays.

Belly Talk at RFL

Fridays, 10:30 a.m., at Alice Turner Branch, Windsor, 10:30 a.m., at Caryl King Branch and 11:30 a.m., at Cliff Wright Branch. HAF: live singing and poems, then mingle with other parents.

Parental Partner Walk

Yoga for Children's Sedentary, 1 p.m. to 4 p.m., at Birch Heights, 244 Third Ave. S. is instructed by Nina Zetti. Learn various poses and techniques to help you through labour and delivery. No previous yoga experience is required. Classes are six weeks. Register at freedomfromthetopofyoga@gmail.com, 306-361-8852.

Kid Yoga Classes

Classes are on Saturdays, 10:30 a.m. to 12 p.m., home-

schoolers ages five to 12. Mondays, 10:45 a.m. to 11 a.m., at Yoga Life, 2-115 Third Ave. S. Classes taught by Nina Zetti. Helps kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freedomfromthetopofyoga@gmail.com.

Annual History Scavenger Hunt Day

April 5, 1 p.m. to 4:30 p.m., at Newmarket Valley Centre, 402 Third Ave. S. Choose between an history or a nature scavenger hunt. Indoor or outdoor. Complete a hunt and return for an Easter treat. An event for all ages.

Mom and Baby Yoga

Mondays, 11:30 a.m. to 12:30 p.m., at YogaLife, 2-115 Third Ave. S. Classes taught by Nina Zetti. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation poses and explore breath-

work. Classes are six weeks. Register at freedomfromthetopofyoga@gmail.com.

Free Family Fun

Sundays, 2 p.m. to 4 p.m., at the Merrill Art Gallery, 560 Spadina Ave. For ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Seating is provided.

Postnatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 348 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly class with a baby teacher. Suitable for four weeks to two years postpartum. Register at pregnancyandparenting.ca. No class on start holidays.

Canadian Light House (CLH) Public Town

Mondays, 130 a.m., at the Canadian Light House, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is

required. Call 306-937-3644, email outreach@lightsources.ca or visit lightsources.ca/education/public_sourc

Earlier Breast Feeding

April 6-12, 1 p.m. to 4 p.m., at Monmouth Valley Centre, 402 Third Ave. S. Paper making, stretch book and story making, yarn and button crafts. Drop-in events for all ages.

LLLC Saskatoon Toddler Series Meeting

The first Monday of the month, 4:15 p.m. to 6 p.m., at 388 Hazlet Cove. A meeting for mothers breastfeeding older babies/toddlers in Lillies. Call 306-665-4803 or email lllcsaskatoon@gmail.com.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 348 Third Ave. S. Taught by a doula and certified yoga teacher. Information and safe for any stage of pregnancy. Call 306-251-8443 or email pregnancy@yoga.ca. No class on start holidays.

Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Westminster United Church. Hosted by Elaine Heerts Learning Community, a group of ladies inspired by Waldorf philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at Marilyn Robinson, 3120 Eighth St. E. For children ages three to five in the Circle of Trees. Call 306-455-1471.

Read & Paint

The first Tuesday at 10:30 a.m., and Wednesday at 1:30 p.m., each month at West Point Pottery, 330 Eighth St. E. Suitable for ages two to six. Each month features a different artist, followed by a related painting project. April 7 and April "Bunny Bunch" and paint nibbles. The Bunnies Register at 306-373-3215.

Engineering for Kids

Children ages four to 11 can learn about technology and how engineers help it. Develop classes, camps, parties, and clubs with hands-on STEM enrichment activities. Get information and register at engineeringforkids.net/saskatoon or 306-978-4866.

BECK'S KIDS' Saskatoon

Repair after-school programs, preschool classes and sessions for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit becks4kids.com or call 306-978-2769.

Saskatoon Public Library Programs

Creating gifts programs for children and families. Find the calendar at saskatoonlibrary.ca/9730.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

SPECIAL EVENTS

Saskatoon Farmers' Market

One-year round Wednesday and Sunday, 10 a.m. to 3 p.m. and Saturday 8 a.m. to 2 p.m. Farmers are in attendance Tuesday to Friday, 10 a.m. to 5 p.m., and Saturday and Sunday during market hours, food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-261-2652, ajennings@sasktel.net.

Bergsøe Basement Store

Wednesdays, 10:00 a.m. to 3 p.m. at St. Paul's United Church, 454 Elbert Ave. Clothing for babies, children, men and women, and jewelry. Funds raised support the Lighthouse project.

Mayfair Carpet Bowling

Wednesdays, 11:30 a.m. at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-431-3707.

FUZE Nite 2015

April 1, 4:30 p.m. to 10 p.m. at The Basement, 282 Fourth Ave. N. Presented by UBC & TMAA. A conference dedicated to translating and communication professionals. Keynote speakers Rachel Miller and Zaira Ali-Hass. Tickets at pdx.se. Information at fuzenite.com.

World Autism Awareness Day Pancake Breakfast

April 2, 8:30 a.m. to 9:30 a.m. at Newline, 120 Somerset's Way. Tickets at Autism Services of 306-665-1003.

SDPC Dances

Thursdays, 7 p.m. in room 121 at Albert Community Centre, 410 Glenview Ave. S. Saskatoon International Multicultural Club team dances from many countries around the world. First night is free. Visit sdpc.saskatoon.com.

Syring Concert

April 2, 7:30 p.m. at Quorum Theatre in the U of S Education Building. Works by Dostoyevsky, Shakespeare, Shaw, Gounod, Cakir and Sashko. Admission by silver collection.



Custom vehicle showcases with it the annual Drag Race and Custom Show at Prairieland Park this weekend. (Images by Stephanie Galt/PHOTO)

Carpet Bowl

Thursdays, 12:15 p.m. at Nutana Legion Hall, 3021 Louisa Ave. Hosted by the Nutana Senior Citizens Association. Lunch and coffee are available for a fee.

The Body and the Body: Making Connections in Underland Contemporary Movement

Thursdays until May 21, 8:30 p.m. to 10 p.m. at First Floor Dance Centre, 224 25th St. W. Presented by the First Floor Dance Theatre Company. Free community dance workshops for ages 17 and up. Instructors are Graham McKelvie and Jackie Letendreau. Dancers and creative movers are invited to attend any or all of open workshops. Information at firstfloordance.com.

55th Annual Drag Race and Custom Car Show

April 3-4, 10 a.m. to 10 p.m. at Prairieland Park. Hot rods, and more

and muscle car restorations, guest appearance by George Everts. Watch car competitions for trophies and prizes. Admission at the door.

Rebet Felch Ali Khan

April 3, 7 p.m. at TCU Place. The Pakistani music performance. Tickets at 306-975-7755, tucktickets.ca.

Wustada Community Centre's Clothing Depot

Saturdays, 10 a.m. to 2 p.m. at 3405 Fairlight Dr. Free shopping for all ages, free baked goods from a local bakery. The take donations of clothing, footwear, accessories and toys. Information at 306-232-6737.

Dinnering Circle

First Sunday of each month, 1 p.m. at The Ukrainian Centre, 210 Second St. E. Beginners are welcome.

Tellico Arts Film Festival

April 4-5 at The Ritz Theatre, 320

20th St. W. A Tellico Grove film festival with movies, shorts and music videos. Tickets at picnic.com.

The Sand's Birthday Bash

April 25, 6:30 p.m. at the Sandbar Hotel. Presented by the Shakespears on the Saskatoon. With food, a silent auction, the Shakespeare food contest and a Shakespeare family contest. Tickets at picnic.com until April 4.

Tellico Arts Festival

April 5, 7:30 p.m. at The Woods Aile House, 148 Second Ave. N. Community Stage featuring Johnny Trunk.

Off-Broadway Farmers' Market, International Bazaar, and Book

Tuesdays, 11 a.m. to 6 p.m. in the basement of Grace Westminster United Church, 505 16th St. E. Offering a variety of locally produced food, clothing and accessories from India, pet products, beanie, and

bookish dishes. Have vendors welcome. Call 306-564-2940 or email pernell.harrison@shaw.ca.

Book Signing at Moha Ey

Regular book signings at McNally Robinson, 3100 Ushah St. E. For schedule and information visit mohayabooks.com/saskatoon_events.

English for Employment Class

Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information or registration at 306-260-4333, 306-622-4464, 306-253-1334. saskatoon.sask.ca/open_door_society or saskatoon.sask.ca/open_door_society.

Send bridges to news, community services, advertising bridges. Bridges will be printed if space permits. Submission deadline is two weeks before the event date.

#ASK ELLIE

Adults may become lost, but there's hope for a baby

Q: I divorced years ago when my son and daughter were toddlers. My ex was an alcoholic, frequently unfaithful, and gave me an STD.

Ironically, he wouldn't let me divorce and refused to pay child support.

The children and I had fairly cordial relations on and off over the years in deal with their caretakers about the father who refused to attend.

When they were entering their teens, he wanted to see them, which I concurred with.

However, my daughter, then 11, complained that my ex's girlfriend was mean to her and that he didn't spend much time with her.

My son, now 13, didn't have these same issues and is now happily well-adjusted. When my daughter was 15, I discovered that she was communicating inappropriately online with a 30-year-old male ("K"). I contacted the police who contacted his computer.

My relationship with my daughter became very strained. She ran away several times. She spoke and behaved outrageously to worry me. I asked my ex to talk to her.

I later learned that he'd told both children to give him as loving such as that I'd done to him about STDs, and had a lot more stories.

At 17, my daughter began dating "K," then 25, with whom she'd communicated at 15. Once she started to see him, she wouldn't return my calls or agree to see me. She messaged, could she called me, hysterical. He'd broken her.

I drove her to the hospital and contacted the police. He was charged and served three months in jail with a term of probation.

My daughter then had several physically abusive boyfriends. I arranged counseling for her but each time she didn't show up.

She's now 22, moved back to my place at Christmas, but hardly stayed home. She did nothing I'd want or was required — working part-time, paying \$500 monthly rent, and repaying to get her high school diploma (she dropped it out in Grade 9).

When I realized that she'd have to move out, she came home with "K," saying she was pregnant. (He had neither child with someone else a year ago, when he told me she was pregnant.)

The next day she posted as my Facebook wall that I was a terrible mother who'd kicked her out because she was pregnant and that I would never see the child.

I want to be a part of my grandchildren's life but I don't believe I can ever accept this man

Ask Ellie

who has no job but supports a prepubescent drug habit.

I feel that my daughter will use the child to manipulate me to get what she wants.

I feel she needs to do this on her own and that she'll never learn as long as I'm around to make things easier.

She's never moved out of town and refused to let me know where.

I had a heart attack five years ago and am supposed to avoid stress.

Feeling Guilty, Sad, and Worried

A: Protect your own health and well-being. The child is still your child.

Your daughter is past anyone's caring but herself, and that's not a certain look, head.

But you may have to seek custody of your grandchild as day. So keep reading out, saying the doctor's age to knowing from your daughter, and show interest in the baby.

You may have to "lead" her new money to buy baby needs.

When you're "needed" again, assess the situation regarding the child's welfare and talk to children's services authorities if you feel the child is at risk.

Q: My husband and I had counseling to try to end the coldness and fighting between us. The counselor said what he said as we needed to do.

I told her more to what — I lost my temper and I had to leave her — I lost my temper and I had to leave her.

But he's made no changes at all and still blames me for any problems we have.

What happens after counseling if he thinks there's nothing he has to do to keep us together? We have three children.

No Change

A: Think through what you believe you can handle, or not, if things remain static.

Then get back to the counselor on your own.

Your husband's sending you the message that the next move is yours.

The counselor will help you to follow through on your own conclusions. Either accept the man as he is, or know that the effort you made isn't enough to sustain the marriage if he does nothing different.



#CROSSWORD

NEW YORK TIMES

Edited by Will Shortz

- ACROSS**
1 Part of nose or "nose"
16 Even a cat?
18 Use the power mostly asymmetrically (seven letters)
19 Goats
20 Quaintest (six letters)
21 Coasts
22 Bit of smile
23 1,000 miles
24 Midwest capital
25 Take an
26 May refer to a person after Thanksgiving
27 Think up
28 What to find some very rich individuals (four letters)
29 U.S. shape
30 Midwest capital #2
31 Samba form of "Samba"
32 "So... me!"
33 In a way
34 Use variety to make a new food (four letters)
35 Discussion on many a (four letters)
36 Midwest capital #3
37 Location for protest information
38 Was late
39 Gospel tune
40 Broadway premiere
41 Disapproval
42 Most elegant, elegant
43 Group of people living together
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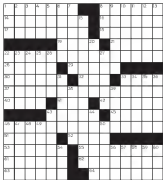
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OUTSIDE THE LINES

Colouring contest

Each week, Stazhanic McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridges@thestarbones.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Made Beaudoin. Thanks to everyone who submitted entries!

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FOOD

RECIPES

Ten fresh ways to use maple syrup

By Alison Ladman

Pancakes, waffles and French toast? They're fine, but they're also just the start.

Because if you're blending maple syrup to the breakfast table, you're missing out on all sorts of chances to add its profile, yet distinct flavour to all manner of foods from roasted vegetables and chicken wings to pasta sauce and ice cream sundae. Heck, we even think it belongs at the bar (check out our maple cocktail idea below).

It's worth noting that the system for grading maple syrup — a clear timeline that rates syrups on colour and strength of flavour — recently was updated to mirror the U.S. and Canadian systems (see next page) and the system used "Pure" and "Grade A" to indicate syrups with lighter flavours and colours, while "Grade B" was darker and more robust.

Under the new system, everything is Grade A, but descriptions have been added: The lightest syrup is now "Grade A, Golden Color with Delicate Taste" and the darkest is "Grade A, Very Dark with Strong Taste."

When shopping for syrup, let your preferences guide you. Many people prefer a lighter syrup on pancakes and waffles, but chefs generally gravitate toward a darker, more robust maple syrup when cooking with it or using it with savory foods.

- **Syrup sundae:** Top vanilla ice cream with a drizzle of maple syrup, crushed shortbread cookies and toasted almonds.
- **Maple-balsamic vinaigrette:** Whisk together 1 teaspoon lemon mustard, 1 tablespoon white balsamic vinegar, 1 tablespoon walnut oil, 1/2 tablespoon maple syrup and a hefty pinch each of salt and black pepper. Toss with your favourite greens.
- **Maple meringue:** Muddle a quarter of an orange and a quarter of a lime with 1/2 tablespoon maple syrup in a cocktail shaker. Add 1 ounce of apple cider, 1/2 ounce orange liqueur and 1



Maple-roast wings. ©PHOTO

- 1/2 ounces vodka. Shake vigorously with several ice cubes. Strain into a cocktail glass.
- **Maple pork chops:** Sauté slices of thickly sliced pork in 1 tablespoon olive oil until browned. Add 1 cup of heavy cream and bring to a simmer. Simmer the cream until thickened and reduced by half. Stir in 1/4 cup maple syrup and season with salt and black pepper. Serve over a pork chop or chicken.
- **Maple-brown butter pan roasted pork chops:** Melt 3 tablespoons butter in a skillet. Cook until fragrant and browned. Add 2 pounds pork chops,

- cut into bite-size pieces. Season with salt and a pinch of red pepper flakes. Cook over medium heat, stirring frequently, until just tender, about 18 minutes. Add 2 tablespoons of maple syrup and continue to cook until tender and caramelized another 4 to 5 minutes.
- **Maple-blueberry milkshake:** In a blender combine 1/2 pint vanilla ice cream, 1/4 cup maple syrup, 1/2 teaspoon maple extract, 3/4 cup frozen wild blueberries and 1/2 cup milk. Blend until smooth.
- **Maple eggplant aglio-oli:** See in a large thickly sliced onion and 1



Maple syrup can be used for a lot more than pancakes and waffles.

- tablespoon minced garlic in 2 tablespoons olive oil. Add a large diced eggplant and a pinch of salt and cook for 5 minutes. Add 1/2 cup red wine vinegar, 1/2 cup maple syrup, 2 tablespoons dried oregano, 2 tablespoons capers and a 1/2 cup halved green olives. Cook for 5 minutes, then serve over pasta.
- **Maple-roasted pecans:** In a small saucepan, combine 1/2 cup maple syrup with 2 tablespoons minced fresh rosemary. Bring to a simmer and cook for 5 minutes. Add 2 cups pecans and cook for another 10 minutes, stirring frequently. Spread on a baking sheet lined with kitchen parchment coated with cooking spray, sprinkle with salt, then bake for 15 to 18 minutes at 350°F.
- **Maple-miso wings:** Mix together 1 tablespoon baking powder, 1/3 cup maple syrup and 1/4 cup yellow miso in a gallon zip close bag. Add 3 pounds chicken wings and let marinate for 6 to 24 hours. Drain the wings and place on a foil-lined baking sheet. Bake at 425°F until crispy and cooked through, 30 to 35 minutes, turning once or twice.
- **Maple-cream shortcake:** Gently mix 4 cups cream berries with 1/3 cup maple syrup and 2 tablespoons chopped fresh mint. Allow to marinate for 1 hour. Spoon over brioche or angel food cake and top with whipped cream.

bet.associatedmedia

WINE WORLD

SASKATCHEWAN WINE SCENE

**Go into the light with this
New Zealand pinot noir**

By James Romanow

Once upon a time, one of life's great pleasures was pure malt. Then a bunch of farse-crusted Californians decided they wanted the wine to taste like Merlot, and have the viscosity of 10W40 oil.

At its finest, pinot noir makes an elegant wine you can drink with everything from roast chicken to pizza. Traditionally, it was quite lean and the set of flavours subtle. Such wine is to the Californian incarnation what Sir Isaac Newton's Apple is to the Boredom Fruit.

Assuming you're with me on preferring the lighter, more elegant wines you are probably also with me on regretting the current price of Burgundy the Alpha planet. However, there are alternatives from elsewhere in the world, and in particular there are some great ones also on offer from New Zealand.

Wines served by Diego are good, but it isn't a whole lot cheaper than Burgundy. More recently the Marlborough pinot rose, from a lot farther north, is getting traction. A great place to start if you're uninitiated in exploring Kiwi wines is Villa Maria.

They're a fair-sized winery, a family affair and one of the oldest in New Zealand. They also have a deeper history than most Canadians are aware, associating them with their always reliable warrenne blanc.



The Private Bar version is a classic pastiche of exactly what you would expect. The bouquet is slightly leathery with a lot of strawiness. The palate is nicely balanced from back, with little apparent sugar on entry, a beautiful mid-palate and a lean lingering finish. And if on your travels you are a bottle of their Glenlivet or Shato Vinsard line, hang on to it.

Tulla Maria Private Bus Fleet No. 2012.

Off to Italy in Monday's *StarPhoenix*. The rest of the world on Twitter @dribbons

Crossword/Sudoku answers

R	O	L	L	E	D	R		A	M	E	B	A	E		
G	N	E	F	A	R	E	D		B	O	N	E	R	S	
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2	3	4	9	5	6	8	7	1
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7	1	6	8	3	5	2	4	9
6	5	2	4	9	7	3	1	8
4	8	3	6	2	1	7	9	5
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